

OKYEAME

February 1, 2007

American Embassy,
Accra

Black History Month

Americans have recognized black history annually since 1926, first as "Negro History Week" and later as "Black History Month." What you might not know is that black history had barely begun to be studied-or even documented-when the tradition originated. Although blacks have been in America at least as far back as colonial times, it was not until the 20th century that they gained a respectable presence in the history books.

Blacks Absent from History Books

We owe the celebration of Black History Month, and more importantly, the study of black history, to Dr. Carter G. Woodson. Born to parents who were former slaves, he spent his childhood working in the Kentucky coal mines and enrolled in high school at age twenty. He graduated within two years and later went on to earn a Ph.D. from Harvard. The scholar was disturbed to find in his studies that history books largely ignored the black American population-and when blacks did figure into the picture, it was generally in ways that reflected the inferior social position they were assigned at the time.

Established Journal of Negro History

Woodson, always one to act on his ambitions, decided to take on the challenge of writing black Americans into the nation's history. He established the Association for the Study of Negro Life and History (now called the Association for the Study of Afro-American Life and History) in 1915, and a year later founded the widely respected Journal of Negro History. In 1926, he launched Negro History Week as an initiative to bring national attention to the contributions of black people throughout American history.

Woodson chose the second week of February for Negro History Week because it marks the birthdays of two men who greatly influenced the black American population, Frederick Douglass and Abraham Lincoln. However, February has much more than Douglass and Lincoln to show for its significance in black American history. For example:

February 23, 1868:

W. E. B. DuBois, important civil rights leader and co-founder of the NAACP, was born.

February 3, 1870:

The 15th Amendment was passed, granting blacks the right to vote.

February 25, 1870:

The first black U.S. senator, Hiram R. Revels (1822-1901), took his oath of office.

February 12, 1909:

The National Association for the Advancement of Colored People (NAACP) was founded by a group of concerned black and white citizens in New York City.

February 1, 1960:

In what would become a civil-rights movement milestone, a group of black Greensboro, N.C., college students began a sit-in at a segregated Woolworth's lunch counter.

February 21, 1965:

Malcolm X, the militant leader who promoted Black Nationalism, was shot to death by three Black Muslims.

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CLO
Office Hours

Mon-Fri
8am-12:00pm

*If you have news, classified, suggestions, letters, restaurant reviews etc. for the Okyeame, please write to the Editor, **Mikelle Antoine** at:*

*accraokyeame@yahoo.com
Deadline Monday 5pm*

Please let us know what you would like to see in the Okyeame. Your suggestions, criticism and story ideas are most welcome!

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Confessions of an Expatriate Library Lover

By Grace Huschle Delobel

I miss the timbre of the voices on National Public Radio. On cold Sunday mornings, I wish I could sit in a patch of warm sun and read the New York Times. And sometimes - when faced with a bowl of boiled pig meat, for example - I yearn for Maine lobster. But on the whole, I can go for months without thinking much about the United States. This is handy because my husband, a French rural economist, often is assigned jobs in remote areas of developing countries where it is hard to find a jar of peanut butter. But there is one thing I can not live without: books in English. I first discovered books as a child on Shelter Island, New York. In the beginning, I just took in their dry, papery smell, trailing after my mother as she got her weekly fix from the bestseller section of the town library.

Then I hit first grade and figured out that the mix of straight and curly marks on a page could take me places. Once I had torn through the Nancy Drew and Hardy Boy collection - at my peak I was on a book a day routine - I branched out. I mixed mysteries with myths, Dickens with Dumas, weighing down the front basket of my blue Schwinn bike with copies of Great Expectations and War and Peace. Predictably, I needed glasses by the age of 13. As I made my bespectacled way into the world, the need for books stayed with me. Wherever we are assigned to go, my first priority upon arrival is to find an English-language library. I pack books in the trunks to cover the first unsettled weeks in a new place, but no luggage allowance could satisfy my need to read, and to read widely. I like bookstores, but libraries are better. Bookstores are about ownership and commitment; libraries are about discovery and free love.

Any flirtation has its risks. Borrow a dusty book about a woman who slowly loses her mind on a lonely African plain while you actually are living on a lonely African plain and you better have some kind of backup plan. Putting the book down is not an option for someone like me. Books are odd things, both powerless and powerful. They sit helplessly on shelves, unable to force anyone into reading their pages. Something - a catchy title, an interesting cover, the name of the author - has to lure you into opening the cover. Only then can the story start to sink in its hooks and reveal its tremendous power, one strong enough to make you forget the dinner cooking on the stove. The beauty of belonging to a tiny, out of the way library is that their peculiar collections - often containing books donated by libraries thousands of miles away - can force you to read things you may never have otherwise picked up, including the meatloaf cookbooks. (I once spent a slow afternoon poring over a meatloaf cookbook donated by an English parish library to the Tanzanian town of Morogoro, despite the fact that it was hard to find flour, much less ground meat, for miles around.)

My current flame is neither tiny nor out of the way, but one of my oldest liaisons: the American Library in Montpellier, a forty-five minute drive from the small village in southern France where we now live. It is the perfect size - not so small that you need to get involved with the knitting manuals, and not so large that you become bewildered by the range of choice. The Library was opened in 1954 to serve U.S. troops stationed in southern France after the war; most of the books were classics donated by the United States Information Service. A few of these still may remain in the stacks: small, leather-bound volumes that once slipped a little magic into the lives of homesick soldiers. But those soldiers are long gone, along with the provincial town Montpellier once was.

Continues on page 3...



I first visited the library nearly twenty years ago, when my husband and I first made the south of France our home base. At the time, it was in a former university residence for girls on a long and winding street that changed its name every few blocks. Streets are allowed to do that in France. The stretch in front of the library was called Rue St. Louis, but it was Rue G. Pellicier a few yards down and Rue Doria a few yards back. The building was hidden behind a high wall that blocked out the sight and sounds of the schizophrenic street. A path, flooded over by autumn rains, led from the gate in the wall to the front door, the kind of heavy, old European door that takes two hands to heave open. Inside, the library was a warren of rooms of different shapes and sizes, all - in my memory - dimly lit and musty. If there were windows, I do not remember them. A few months after that visit, I left Montpellier, first for Tanzania, then New York and finally Pakistan. By the time I returned to the city, I had two small children and I saw the library's old door in a new light: it was impossible to navigate with a stroller. Just when my daughter was old enough to walk, we were off again, this time for three years in the mountains of the Philippines. The library moved to a new location while we were away. It is now housed on the second floor of the University of Montpellier's Law School library, a big boat of a building whose outer walls are made entirely of glass. The huge metal blinds hanging on the outside add to the impression that the architect should have pursued a career as a car mechanic instead, without doing much to protect the librarian from roasting at her desk. But the endless windows do give a fine view of the Antigone, a modern, artificially created community built in a neo-classical style by the government in the 1980s. The streets in the neighborhood would probably get fined by the planning committee if they fooled with their names in the way of Rue St. Louis. Recently, I was talking to the librarian - the same since 1972 - when the elevator bell rang. The door slid open and a young mother effortlessly pushed a stroller out and down the ramp towards the library's open space. A wave of regret washed over me. For me, because my days with small babies are over, and for the woman, whose experience of the library should be so sadly free of stroller-squashing, character-building doors.

But even in this house of glass, I love the library still. We have lived in France for nearly six years now, longer than we have ever stayed anywhere before. Dug in as we are, I see the country now more with the eye of an immigrant than an expatriate. But the hankering for home remains. For some, this need can be filled by food. For others, music. For me, it is the thoughtfulness of well-written English. I speak with my children's teachers in French, I write checks for the plumber in French, I listen to the news on the radio in French, I even chide the cats in French. But when I read, I read in English. Books are my music, my food, my ticket back to where I once belonged. The English language, with its rolling tones and freedom to improvise, will always be part of who I am - wherever I am. © 2006 by Grace Delobel. All rights reserved.. **Source:** www.talesmag.com

After working her way through English-language libraries in Kathmandu, Morogoro (Tanzania), Islamabad, Peshawar and Banaue (Philippines), Grace Huschle Delobel has settled down to a long-term relationship with the American Library of Montpellier, France. When she is not reading or juggling the routine balls of life, she writes. She is currently working on a novel about headhunters in the mountains of the Philippines.

Black History Trivia: Did You Know?

- As of July 1, 2004, there were an estimated 39.2 million black residents in the United States, including those of more than one race. They made up 13.4 percent of the total U.S. population. This figure represents an increase of half a million residents from one year earlier.
- The projected single-race black population of the United States as of July 1, 2050 is 61.4 million. On that date, according to the projection, blacks would constitute 15 percent of the nation's total population.
- The estimated black population of New York on July 1, 2004 was 3.5 million, the highest of any state. Four other states had black populations that surpassed 2 million: Florida, Texas, California and Georgia. About 85,900 blacks were added to Florida's population between July 1, 2003, and July 1, 2004. That is the largest numeric increase of any state in the nation. Georgia and Texas added 61,800 and 45,000, respectively. **Continues on page 4....**

DID YOU KNOW continues from page 3.

- As of July 1, 2004, 59 percent of the District of Columbia's population was identified as black — the highest rate for this race group of any state or state-equivalent in the nation. The District of Columbia was followed by Mississippi (37 percent), Louisiana (33 percent) and Georgia, Maryland and South Carolina (30 percent each).
- 1.4 million blacks lived in Cook County, Ill., as of July 1, 2004. Cook led all the nation's counties in the number of people of this racial category. Broward County, Fla., had the largest numerical increase (17,900) between 2003 and 2004.
- 32% of the black population was under 18 as of July 1, 2004. At the other end of the spectrum, 8 percent of the black population was 65 or older.
- \$92.7 billion receipts from black-owned businesses existed in 2002, up 30 percent from 1997. The rate at which black-owned businesses increased their receipts was higher than the national average (22 percent).
- 81% of blacks age 25 and older had at least a high school diploma in 2004. This proportion rose by 8 percentage points from 1994 to 2004.
- 18% of blacks 25 and older had a bachelor's degree or higher in 2004 — up 5 percentage points from 1994.
- 1.1 million blacks age 25 and older had an advanced degree in 2004 (e.g., master's, Ph.D., M.D. or J.D.). Ten years earlier — in 1994 — only 624,000 blacks had this level of education.
- In 2004, 2.3 million black college students were enrolled, roughly double the number 15 years earlier.
- The annual median income of black households in 2004 is \$30,134. This represents no change from 2003.
- The poverty rate in 2004 for those reporting black as their only race was 24.7%. This rate was unchanged from 2003.
- 60% of black citizens age 18 and older voted in the 2004 presidential election. That amounted to 14 million voters. The percentage of those voting is up 3 percentage points from the previous election. Blacks had the highest turnout rate of any minority group in 2004.
- There are 9.1 million black families in the United States. Of these, nearly one-half (47 percent) are married-couple families.
- 11% of black children live in a household maintained by a grandparent.
- 48% of black householders own their own home.
- There are 2.3 million black military veterans in the United States in 2003. (Source: American FactFinder)
- 20% of blacks lacked health insurance in 2004, unchanged from the previous year.
- 27% of blacks age 16 and older work in management, professional and related occupations. (Source: American FactFinder)
- There are 50,600 black physicians and surgeons; 69,400 postsecondary teachers; 44,800 lawyers; and 53,800 chief executives.

(Source: Upcoming Statistical Abstract of the United States: 2006) Data courtesy of the U.S. Census Bureau

From: www.infoplease.com/spot/bhmintro1.html



Cholesterol: What Your Level Means: What is cholesterol?



Cholesterol is a waxy substance your body uses to protect nerves, make cell tissues and produce certain hormones. Most of the cholesterol in your body is made by your liver. Some cholesterol also comes from foods such as eggs, meats and dairy products. **Why is a high cholesterol level**

unhealthy? While some cholesterol is needed for good health, too much cholesterol in your blood can raise your risk of having a heart attack or stroke.

The extra cholesterol in your blood may be stored in your arteries (blood vessels that carry blood from your heart to the rest of your body). Buildup of cholesterol, or "plaque," in your arteries will cause them to narrow. This is called atherosclerosis. Large deposits of cholesterol can completely block an artery, so the blood can't flow through.

If the coronary artery (the blood vessel that supplies blood to the muscles in your heart) becomes blocked, a heart attack can occur. If an artery that supplies blood to your brain becomes blocked, a stroke can occur.

When should I start having my cholesterol level checked?

Men aged 35 and older and women aged 45 and older should have their cholesterol checked periodically. Depending on what your cholesterol level is and what other risk factors for heart disease you have (see the box below), you may need to have it checked more often.

Risk factors for heart disease

Having already had a heart attack

Being a man 45 years of age or older

Having a father or brother who had heart disease

Being a woman who is going through menopause or has completed menopause

Having a mother or sister who had heart disease

Smoking cigarettes

Having high blood pressure or diabetes

Being very overweight

Being inactive

Are there different types of cholesterol?

Yes. Cholesterol travels through the blood in different types of packages, called lipoproteins. Low-density lipoproteins (LDL) deliver cholesterol to the body. High-density lipoproteins (HDL) remove cholesterol from the bloodstream. This explains why too much LDL cholesterol is bad for the body, and why a high level of HDL is good. It's the balance between the types of cholesterol that tells you what your cholesterol level means (see the box below). For example, if your total cholesterol level is high because of a high LDL level, you may be at higher risk of heart disease or stroke. If your total level is high only because of a high HDL level, you're probably not at higher risk. Total cholesterol level Less than 200 is best.

Between 200 to 239 is borderline high. 240 or more means you're at increased risk for heart disease. LDL cholesterol levels Less than 130 is best. Between 130 to 159 is borderline high.

160 or more means you're at higher risk for heart disease.

HDL cholesterol levels

Less than 40 means you're at higher risk for heart disease.

60 or higher reduces your risk of heart disease.

What can I do to improve my cholesterol level?

If you smoke, stop smoking. Lifestyle changes, such as a healthy diet and regular exercise can also help lower your risk of complications from high cholesterol.

What about medicine to lower cholesterol?

Depending on your risk factors, if healthy eating and exercise don't work after about 6 months to 1 year, your doctor may suggest medicine to lower your cholesterol level.

For more information about this topic, visit our handout on cholesterol-lowering medicines. Written by familydoctor.org editorial staff. Source: American Academy of Family Physicians This article provides a general overview on this topic and may not apply to everyone. To find out if this article applies to you and to get more information on this subject, talk to your family doctor. Copyright © 1996-2006 American Academy of Family Physicians For private, noncommercial use only.

AROUND TOWN

North American Women's Association (NAWA) promotes friendship among North American women, and between North American & Ghanaian women. NAWA fundraises for charitable organizations that support women and children in Ghana. Meetings are held on the **second Thursday of each month**, between September and May. Join us at **6:45pm** at the **Coconut Regency Hotel**. Look forward to meeting new friends, supporting worthy causes in Ghana and participating in cultural and social activities. The NAWA published book, *No More Worries*, can be found in stores throughout Ghana. Check the www.noworriesghana.com website or go to www.nawaghana.com. Call secretary Carol Pietryk at 0242 108273 (email: icpietryk@yahoo.ca) or president Monica Carr at 0243 680799 for further information. "You are welcome."

Ghana International Women's Club Formed in 1980 with the intention of establishing a strong bond of friendship among 'women of the world', and fostering a better understanding of one another's cultures. Members organize fundraising events and volunteer work. Monthly meetings every 2nd Wed at **Kohinoor Restaurant in Osu** at 9:30 am.

Ghana Bead Society Develop knowledge, appreciation, and interest in beads in Ghana, both from a traditional and contemporary point of view. Monthly meetings at the DuBois Center, East Cantonments; 4:30 pm, first Thursday of each month. Contact Trish Graham at 764-349 or e-mail: trish_graham@hotmail.com.

Alliance Française Provides French classes for children and adults, and hosts numerous cultural events. Located on Liberation Link Road, Airport Residential. Tel: 773-134.

American Chamber of Commerce promotes commercial, economic, educational and cultural ties between the U.S. and Ghana. Their regular luncheon meetings are on the last Wednesday of the month at La Palm from 12-2:30. Tel: 247-562, 024-251-605. E-mail: amchamgh@ghana.com; Website: www.amcham_africa.org. Located at Hse #C609/3 5th Crescent St, Asylum Down.

Scottish Country Dancing The Caledonian Society of Ghana: Scottish Country dancing is back. All are welcome to join in at the Grasscutters club, every Tuesday night from 7.30pm. For more information call 0244 069 169 or e mail caledonianghana@yahoo.co.uk
Accragio, a singing group open to expatriates and Ghanaians, is preparing its next program and welcoming all new singers, especially altos and tenors. For more information, please con-

tact Rodger French: deluxevalde-ville@earthlink.net or 024-664-9487.

Energize yourself and reduce stress with **Hatha Yoga** at YMCA Mon-Wed-Friday, 5:30 pm - 7 pm. Contact Peace on 024-422-6079 or 775-348 ext. 4277.

The International Players The International Players is a local amateur dramatic group that performs publicly. Anyone interested in amateur theater is invited to participate. For information contact: Trish Graham at 764-349 or e-mail: trish_graham@hotmail.com.

Bunko is up and running here in Accra! Fast paced, easy to learn, no skill required, (**ladies only!**) dice game. We meet monthly at rotating houses. For more info or to sign up, email Kylie at edhrcir@hotmail.com.

Theater Mirrors. A local Ghanaian acting troupe, begun in 1986, whose members perform every Friday night at **Bywel Bar**, located across the street from Sotrec Grocery in Osu. Admission is free. 8 PM. The acting group is also available for private performances. Call 024-678956 for details.

Ghana National Theatre Monthly Symphony Program "Sunday at Five" held the last Sunday of every month **is now at Christ the King Parish Hall due to renovations.** Still at 5 pm, still a bargain at 20,000 cedis, 665-735 or 663-467.

Friends of Bill W. Meet Monday evenings 7-8 pm near the Cathedral in Adabraka. Contact Ludwin 020-2018540 or Lydia 024-611385.

Happy Hour Fridays at 5:30 pm an informal group meets for unwinding at the Labone Coffee Shop. All are welcome.

Hash House Harriers (Accra) The Hash House Harriers has been described as a '*drinking group with a running problem.*' However, non-drinkers and walkers are welcome. The Hash runs every Monday, with a 5:15 pm **sharp** departure. Location varies. Contact acrahhh@yahoo.com for details.

Hash House Harriers (Tema) is composed of Ghanaians and expats in and around the Tema area and welcome families with children. Every Thursday at 5:15 April thru October and 5:00 pm November thru March. Contact Frank Davis, at frank.davis@valcotema.com or call 020-201-1525 for information on directions to starting point.

Duplicate Bridge group meets every Tuesday night at 7:30. Any questions please contact Gerry Gray Thibodeau for information or to arrange a partner, 021-775-414. (evenings)
Pick-up Basketball Tuesday evenings (6-8 pm) at GIS. Everyone is invited to join the fun. For

additional information, please contact Ted Lawrence (tlawrence@usaid.gov) or Rob Clausen (rclausen@usaid.gov). They can also be reached by telephone at 228-440.

Pippa's Health and Fitness Center in Osu runs **Tumble Tots** on Monday, Wednesday and Friday from 9:30-11:45 am for 40,000 cedis a day. Toddlers can run around, play, and climb on the gym's tumble equipment and meet other toddlers in the area. Parents or nannies are welcome. Call 22 44 88 for more info.

Mom/Dad & Tots (3 and under) at British High Commission Grasscutters Return. Wednesdays 9:30-11:15 am.

Taekwondo at Pippa's Health and Fitness Center. Adults and kids are welcome. Learn from National Champion Master Stephen Yeboah. Call for registration: 22 44 88.

Frisky's International Film Buff Club views films Tuesdays 7pm. Call Ian at 0244 363017 or Katya at 024 329679 for directions or to receive a map by email.

Free Meditation each Wed at 6-7pm. Free pranic healing Wed. 10am-6pm. At the GMCKS Pranic Healing Center, 1st floor, Pyramid House, Ring Road central (Next to Alitalia). Website: www.pranichealing.org Phone: 0275089645 Mythili Raja Mohen

International Spouses Association of Ghana (ISAG) Are you a non-Ghanaian married to a Ghanaian? If yes, then come and meet others in a similar relationship. First Wednesday of every month at 5.30pm at Ghana International School film room. It's fellowship with some serious bits! For more information, contact Judd on 024-476-7063 or Nina on 024-477-8229 or email isag@ighmail.com

The Accra Tema Yacht Club (ATYC) is in Ada on the Volta River, 1½ hours from Accra, close to Manet Paradis Hotel. Races of catamarans and sail boats are held monthly. ATYC has 3 Lasers available for daily or hourly rental, a small bar and four chalets where members may stay overnight. **New members are welcome** as are day visitors for which a nominal daily charge is payable. Contact dmcallag@gmail.com -or- Duncan.macnicol@asc-gh.com

African American Association of Ghana (AAAG). General meetings held every third Saturday of the month. 2-4pm at the W.E.B. Dubois Center in Cantonments. For more info call 021-785438 or sankofaaaag@yahoo.com

Fit & Fun Gymnastics Club for children from 2 years and teenagers. Learn the basics of movement improve flexibility, balance and body awareness. Gymnastics helps them learn self discipline, patience and have more self confidence. Call 024 3515889 for info.

CLASSIFIEDS

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SEEKING EMPLOYMENT

French chef from Togo looking for full time work. He cooks European and African dishes and can manage cooking for parties for up to 20 people. Contact Charlotte for more information at 0244-326150 (3)

Pricilla Emefa is looking for work as receptionist in a hotel or office or as administrative assistant. She recently graduated with a diploma in Hotel management and office management. Please contact her at 0243 625266 or 0243 737190.(3)

Needed immediately: full time experienced and very responsible driver/Gardner that is good with pets and children, willing and able to help with house chores as needed and run errands. Call Ms. M. Spence 0244311944 or 773-465.(2)

Wanted: Cane furniture for use outdoors, dining/kitchen table chair, a chest of drawers for a bedroom and a washing machine. Please call 0246980077

Part-time gardener and handyman. I highly recommend Albert Bediako, who also can do some carpentry work as well as minor electrical repairs. Call Marilyn, 774-690, or contact Albert on 024-354-3814.

Beach Cottage for RENT @ an affordable PRICE! The Sanctuary is a beautiful two bedroom/ one bathroom beach cottage for rent, located in the sleepy fishing village of Pram-Pram (just 40 minutes away from Accra). **3 Bed/ 2 1/2 Bath Home for RENT or SALE @ an affordable PRICE!** This delightful property has three large bedrooms, two modern bathrooms and a guest toilet. It also benefits from a fully-fitted kitchen with everything including a washer and dryer and a spacious living/ dining open plan room. East Airport w/ 24 hr security,. Call **Titi** on **020 817 4362** for any further questions or to arrange a viewing. (2)



USAID/GHANA is looking for a Ghanaian national for the position of Voucher Examiner in the Regional Office of

Financial Management (ROFM).

The Voucher Examiner will: (1) examine and process vouchers and invoices of multi-million dollar, long-term technical assistance contractors and grantees, both direct and host country, for USAID project and non-project activities and administrative operations, recommending for payment or indicating required clarification or justification; and to control and monitor payment requests and disbursements for USAID project and non-project activities; and, (2) control the routing of all vouchers from official receipt in OFM through final payment and communication to ultimate payee.

Desired Qualifications, Experience & Skills

Education: Post Secondary School training (Diploma) in accounting or business administration is required. A University Degree in Business Economics, Business Management or Accounting is preferred. **Experience:** Two to four years of experience in accounting or a closely related field and practical knowledge of basic accounting concepts and the flow of accounting transactions are required. **Abilities and Skills:** Good general knowledge of accounting office operations is mandatory. Must have the ability to analyze numerous accounting records and determine the need for various types of entries and adjustments; to reconcile and balance accounts; and to relate the purpose and objectives of projects to their costs and fiscal requirements. Excellent interpersonal skills and good computer skills are also required. *(You may collect the complete job description from the USAID/HR Office)*

Annual Salary range: Minimum \$ 63,072,234 to Maximum \$ 104,095,146 (depending on qualification and experience)

HOW TO APPLY

Persons interested in applying should submit cover letter and resume with salary history to:

The Human Resource Specialist

USAID/Ghana, PO Box 1630, Accra, Ghana.

Envelopes should be marked 'VOUCHER EXAMINER'

CLOSING DATE: February 16th 2007.

(Please note that only short-listed applicants will be contacted)

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MISCELLAENOUS

Looking for a comfortable, safe and clean place, centrally located near West Accra to stay. American female volunteer for a Christian non-profit in West Africa will be here for four months beginning in Feb. 07Willing to pay \$250-\$300/month. Contact baugustin78@yahoo.com (3)

For Sale: Baby Items

-Graco Single Stroller. In good condition and has served us well. Bonus: Infant car seat with matching pattern is included. Cost: 1,000,000 cedis.

-Schwinn Double Jogging Stroller. Great condition and absolutely perfect for walking around Ghana with two small children (large tires and plenty of straps to keep them from falling out). Cost 2,500,000 cedis.

For inquiries contact Dylan at 0244-311-901.

Honest housekeeper, Monica Amadu, tel: 0288 262 106, is seeking employment. Has worked for the past three years for the Management Counselor. References available. (2)

For sale, dishwasher soap for automatic machine. Bough at Costco in Canada before going on post, but no dishwasher machine in the house! This is like 2 or 3 years supply! 2 buckets Kirkland Signature Dishwasher Soap (6.80kg each) 1 bottle of Jet Dry (946ml) Selling at cost, 300 000 Cedis for the package Contact Gislain at 0244 329 718 (3)

LifeFitness Equipment For Sale Would you like to own your very own Treadmill or cross trainer? LifeFitness Treadmills and Cross-trainers have arrived at Pippa's Health Centre Ltd. We offer delivery, insatllation, warranties and full technical support.For more details call 224488.

VEHICLES FOR SALE

1997 Chevrolet Blazer 4x4. Mileage 102, 000 km. comfort: ac, power steering, powered windows, mirrors and driver seats. High quality stereo. Security: air bag, ABS aspect: looks nice, alloy wheel engine 4.3 L, petrol, V6(265 horsepower). Transmission: Automatic. Price: \$11,900. 0244-352 6005 (3)

1996 Daewoo Nexia saloon car. Automatic, driver airbag, power steering, electric windows. Reliable, durable and good run a round car. No Duty \$4000 OBO. Pease call 020 813-6962 or 0246 584 384 (3)

2002 Dodge Grand Caravan FWD Sport Mini ASKING PRICE \$18,000 CD & Cassette player; Equipment 3.3 Liter V6 12 Valve 180hp@5200rpm, AC 4 Wheel Power Anti-Lock Brakes 5 Passenger Seating Capacity Dual Sliding Side Doors. Wheelbase: 119.3 inches. Power Rack And Pinion Steering. Curb Weight: 4093 lbs. Power Door Locks. Width: 78.6 inches. Power Windows w/Driver Side. Original Factory Price \$24,275 Contact Information 024-4327424 (3)

Bennett Nyator , tel: 024 383 5294, is seeking employment as a **gardener**. Has worked for the past three years for the Management Counselor. References available. (2)

Humorous Quote: He is a self-made man and worships his creator.

-- John Bright

1998 Honda Civic 4 door sedan, 61700 miles, manual transmission. Excellent condition. Duty not paid. (Estimated at 15 million cedi) Price Reduced to \$5200. Please call Diane at 0244331244. (3)

For Sale: DSTV box and satellite dish for 2,900,000 cedis. Call Gail at 021-773-465 or 0244311944. (3)

Volvo S40 2003, black leather seats, AC, airbags, power steering, electric windows & doors, alarmed, fully loaded, low mileage, duty paid \$13,0000 Call 020 813-6962 or 0246 584 384 (3)

CAPTAIN HOOK'S RESTAURANT WILL OPEN!!!

The owner of CAPTAIN HOOK'S RESTAURANT, #4 Kakramadu, has let us know that the restaurant will be open to the public starting Jan. 26, hopefully from around 6:30 pm to late.

Wanted: Baby Stuff!

We're looking for baby furniture like a crib, a glider, etc. and other useful baby gear for a new born and for the baby's first year. Let us know if you have anything to sell or will have things to sell soon. Call Katherine 0244.322.524 or Jamie 0242.170.683 or email katherinepasternak@yahoo.com. (2)

CLASSIFIEDS

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, and classified ads to accraokyeame@yahoo.com. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Submission deadline is 5pm Monday of the publication week. Ads will run for 3 weeks and can be renewed. If an item is sold, please notify accraokyeame@yahoo.com. Send your classifieds to accraokyeame@yahoo.com.

WANTED

HOUSING. Urgent. Diplomats looking for a safe and quite accommodation in Airport Res., Cantonment, East Legon or Osu with a swimming pool. No agent please. Tel: 0242 266 713 (2)

Housing Needed: Seeking new house, 3 bedroom for rent. Pref in East Legon, Osu, Labone, Cantonments, gated community or best alternative. Call Mikelle at 0243 019535

HIRING / DRIVER. Urgent. Wish to hire an experienced driver for 1-4 hours / week. Taxi driver OK. Call 0242 266 713 (2)

HIRING / HOUSE MAID. Urgent. Wish to hire a house maid who can cook Chinese, Korean or Japanese food. Please call 0242 266 713 (2)

POSITION WANTED / HOUSE MAID. Experienced house maid who can cook is looking for a full time or part time position in a house with a place to stay. Please call Cecile 0242 266 713. (2)

HOUSING NEEDED: I am looking for a 1 or 2 bedroom apartment but would also consider a guest house. I will also house sit. Contact Wade, a Peace Corps volunteer at 0243 525 989. (2)

FOR SALE: Elliptical Trainer. Brand new Schwinn 418 elliptical. Never been used. Still in original box. 110v. \$1000 obo. Contact jbsandefur@yahoo.com or call 0244-313-523. (2)

VEHICLES FOR SALE

Golf 3 1992 model Black Radio & CD player, manual Tinted windows and sporty looking. Mileage 265 000km Price: 53 million or US \$ equivalent (negotiable) To view call please call 0244 936 783 after 4pm Mon - Thursday, Friday after 2pm and weekend anytime during the day. (2)

For Sale: Toyota Camry 1999, 4 door sedan, automatic, 74,900 miles Excellent condition US\$9,000 or best offer Sedan, one owner, very well maintained, imported duty free **Straw Sofa set** large sofa, love seat, two side chairs, and table dark blue cushions \$160 for entire set 2 **Straw/bamboo table** and chair sets glass top table with four chairs per set \$130 per set **Large collection of plants all sizes** - will sell for the cost of the Clay pots that they are in **Tamashi Split Air Conditioner** 2.5HP purchased in March 2005 for US\$725. Will sell for \$400. Infrequently used. **Double bed box** spring and mattress \$150 or best offer **DSTV Box and Satellite Dish** \$150 Contact Dorothy Rozga, UNICEF 244 331 500

FOR RENT: Fully furnished room available for short term rent located in Asylum Down. \$70 per week (negotiable) Includes: A/C and Wi Fi internet access. Ideal for voluntary workers new to Ghana. Contact: Duncan Williams 0244 333 529. (2)

WANTED:

- WANT TO BUY a DVD player -new or second hand- connectable to TV to

Record TV programs. Tel: 0242 266 713 "

- WANT TO BUY used VIDEO TAPES to record TV programs for my students.

If you are leaving the country, please do not throw them, but give them / sell them to me, please !

Tel: 0242 266 713

- SALE of FRENCH MATERIAL for adults and adolescents. A sale of new and Used books, video, DVD will be held on Saturday 3rd of February from 9-13pm in Airport Res. area. New and used. Prices between 3 US \$ - 15 US \$. If you have some French material that you do not use any longer, sell it or come and trade it !

Ongoing Garage Sale

Check out

www.hrncir.net

for items from a family leaving Accra . The site is updated

weekly and available for immediate purchase unless otherwise noted.